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Maine IS Technology

A publication featuring the Information Services technology of Maine State Government

Maine.Gov Named #1 Best of the Web!

Maine, Indiana, Virginia, Delaware, and Arizona have the best state government web sites in America, according to the Center for Digital Government, a national research and advisory institute on information technology in state and local government. ...

"State governments are building powerhouse portals," said Cathilea Robinett, executive director of the Center for Digital Government. "As a judge of this contest for all of its nine years, I've seen web sites that come in all shapes and sizes. Today's state government portals are extremely sophisticated, yet very user-friendly to citizens. I am very impressed with the progress that's been made by all of the states." ... This year's jump to first place from second in 2003 is a testament of how the state has taken a proactive stance on expanding its on-line presence and service delivery.

"*Maine.gov* provides an essential service to Maine citizens, businesses and visitors," said Gov. John Baldacci. "The site makes state government more accessible and efficient. We seek to continually improve the portal, offering the best quality source of information to the public."

For more information, see Top Five State Government Web Sites Announced, by Rhonda Wilson, September 10, 2004 http://www.centerdigitalgov.com/center/highlightstory.php?docid=91427

Digital Government Summit

By Mary N. Cloutier

Alan Cox, Vice President/Executive Director of Government Technology Executive Events announces Maine.Gov has won the "Best of the Web" for 2004, and introduces the panel. From the left: Chief Information Officer Dick Thompson, Carrie Gott, InforMe, Jim Lopatosky, Bureau of Information Services and Carmel Rubin, Department of Environmental Protection

"Feeling old? Well, so are most of your neighbors." Ron Crouch, Keynote Speaker

Held September 8, the second Maine Digital Government Summit was well attended, and presented important information for agencies providing Information Technology (IT) services to Maine's (aging) population. Ron Crouch[1] challenged the audience to "think through" the reams of data to understand trends, and the relative magnitude of issues in order to provide services effectively. With respect to making decisions regarding relative magnitude, he recommended we address "$100 issues" (e.g. 8,000 teens are killed in automobile crashes annually) over "$1" issues (14 teens were killed in the Columbine school) which may receive extensive press coverage.

Observing that IT "is not an expenditure, it is an investment that enables informed decisions by citizens and government officials alike", Crouch suggested the following IT uses to identify trends and allocate resources.

Public Health: Geographic Information Systems (GIS) tracking of disease outbreaks (as an early warning), and analysis of vital statistics to better understand trends.

Education: Data inputs to track students – not just schools ("A big need").

Public Safety: Using GIS to identify households which are at risk (e.g. residents 65+ years old, disabled etc.).

Crime: GIS tracking of crimes (murder, rape, robbery etc.) and identifying

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stolen cars before an officer approaches it.

Workforce: Conduct dynamic workforce trends analysis (using local employment data) and occupational analysis.

Connected Citizens: Provide what, where, when, and how of government services and solicit feedback.

Like our sister states, Maine's population is "middle aging", which is concerning because baby boomers are less likely to tour as they age, and Maine's economy is increasingly dependent upon tourism. Education and skills are needed, but "Bubba[2] is in trouble, whether he is Bubba White, Joe Black or Jose Brown because men are not preparing for the jobs of the 21st century". (60% of college graduates are women.) To maintain its population, Maine needs to encourage in-migration; particularly since only 30% of Maine households have a child living in them today! Diversity of race and age are critical issues. Indeed throughout the US, all population growth in categories of persons less than 45 years old is the result of minority births or foreign immigration.

GENERAL SESSION: Leveraging Efforts, Services, Investment and Infrastructure

During his initial remarks, Chief Information Officer Dick Thompson coined a new IT acronym – "STUFF" (Strategic Technology Used For Future). Observing that change is difficult, Dick anticipates additional collaboration between agencies in the coming years, and consolidations similar to those seen in the telecommunications and banking industries. Government must deliver the services demanded by citizens; otherwise they will be obtained elsewhere.

Carrie Gott highlighted Maine.gov's success in service delivery and usage. Ranked the best government website in this year's Best of the Web competition, Maine can be very proud of its accomplishments to date. Highlights include an increase in visits to *Maine.gov* of more than 700% over the last five years, and on-line service adoption rates reaching as high as 98% in some cases. Worthy of note, this year's on-line business services offered at the Secretary of State's Office (*www.sosonline.org*) have averaged more than 80% in adoption; more than 60% of campground reservations were made on-line; and agencies such as the Bureau of Motor Vehicles and Inland Fisheries and Wildlife are now offering on-line service for a majority of services. Furthermore, *Maine.gov* is first in the nation to offer such a comprehensive eDemocracy portal, offers the most on-line services per capita as compared to any other state, with some of the very highest adoption rates, and has the most cross jurisdictional services (e.g. Rapid Renewal, dog licensing, aircraft registration and more).

Jim Lopatosky described the Bureau of Information Services' Oracle environment[3], which now hosts 50+ agency applications. Costs are reduced by collaboration. Oracle environment agencies employ state-of-the-art technology, including storage array networks (SANS), fail over technologies, and disaster recovery.

Carmel Rubin, One Stop Project Manager described the five-year agreement[4] with South Carolina to share an environmental information system, (with an expected development cost savings between $100,000 and $300,000 per year) and XML based data exchange with the US Department of Environmental Protection.

All Summit presentations that can be obtained will be made available on the www.govtech.net/events website. Scroll down to the Maine Summit event, and select "More Info".

[1] Director of the State Data Center at the University of Louisville *http://ksdc.louisville.edu/*

[2] underskilled/undereducated men

[3] For more information see *http://www.state.me.us/newsletter/April2002/oracle_environment_update.htm*.

[4] For more information see *http://www.state.me.us/newsletter/mar2004/maine_dep_joins_south_carolina_i.htm* and *http://www.state.me.us/newsletter/june2003/update_on_xml_exchange_network_n.htm*.

Freedom of Access Laws and Compliance Study

By Peggy Reinsch

A very important piece of the legal landscape for public entities is the concept of freedom of information - the public's right of access to government activities and records. In Maine, the governing statutes are the Freedom of Access (FOA) laws, found in Title 1, chapter 13, subchapter I, of the Maine Revised Statutes.

These laws, to be construed liberally, provide that the public's business must be conducted openly, that actions must be taken openly and that records of such actions must be open to the public. The Freedom of Access laws apply to employees of public entities and quasi-public entities, so it is important to understand responsibilities concerning public records.

Just what is a "public record"? The statute provides a very broad definition:

- Any written, printed or graphic matter or any mechanical or electronic data compilation from which information can be obtained, directly or after translation into a form susceptible of visual or aural comprehension (that's the "record" part),
- That is in the possession of an entity covered by the FOA laws (who has the record),
- That has been received or prepared for use in the transaction of public or governmental business or contains information relating to the transaction of public or governmental business, unless it is subject to an explicit statutory exception or is designated confidential by statute (the record's content or purpose).

Committee to Study Compliance with Maine's Freedom of Access Laws Concerned that public records access was not available as intended, the Maine Freedom of Information Coalition (*www.mfoic.org*) conducted an audit of public records accessibility, and then was instrumental in the establishment of the Committee to Study Compliance with Maine's Freedom of Access Laws. (Resolve

Freedom of Access, cont. from page 2

2003, chapter 83.) The 16-member study committee, comprised of representatives of the public, the press, broadcasters, law enforcement, school districts, local government, the Attorney General and the Legislature, met throughout the fall and winter, and made several recommendations to improve and ensure access to public records and public proceedings.

The study committee's initial report is available online: http://www.state.me.us/legis/opla/FOAlaws.htm. The Legislature enacted recommendations concerning the inspection and copying of public records, the handling of executive sessions, and the examination of the hundreds of statutory exceptions to the law defining "public records". Public Law 2003, chapter 709 also expanded the duties of the study committee and extended the reporting deadline to November 2004.

The Committee to Study Compliance with Maine's Freedom of Access Laws is now reviewing the laws and practices governing: to what extent the home contact information of public employees should be designated as confidential; appropriate charges for copies of public records; appropriate charges for remote electronic access to public records; voice-mail and e-mail; conducting public proceedings electronically; attorneys fees and remedies for noncompliance; standardization and clarification of the public access and confidentiality laws; and other options for improving compliance with the laws and enhancing public access to public proceedings. The study committee's schedule is posted on the webpage: http://www.state.me.us/legis/opla/FOAlaws.htm.

Peggy Reinsch is a senior legislative analyst in the Office of Policy and Legal Analysis, a nonpartisan staff office of the Maine Legislature. She has served as staff attorney for the Legislature's Joint Standing Committee on Judiciary for several years and is currently also co-staff for the Committee to Study Compliance with Maine's Freedom of Access Laws. You can reach her at margaret.reinsch@legislature.maine.gov.

Security Talks

By Ginnie Ricker

Data Classification and Guidelines are policies that State agencies must develop, adopt and enforce. These policies will govern which information maintained on State of Maine computer systems, as well as in paper documents, should be disclosed to specified users, consistent with applicable State and Federal access, privacy and confidentiality statutes.

What does this really mean? Your business needs will help facilitate the classification of your information. This is how you determine what the information is, and how it can be provided, or should be protected. The State of Maine's Information Policy indicates the following data classification levels:

Public Information Information accessible under Freedom of Information Law and is available to any person, notwithstanding individual status or interest.

Restricted Information Information which is not public information, but can be disclosed or used by an agency to perform their duties, as long as there are no legal restrictions to disclose.

Confidential Information Information which is protected by law. Access to confidential information is prohibited unless by exception in the law.

Aspects to consider when developing these policies include the following.

- Information may/will cease to be sensitive or critical after a period of time.
- Over-classification may lead to additional business expenses.
- Classification guidelines should be simple to understand in order to avoid unnecessary confusion for employees, and may also provide guidance in the duration of time specific data must be kept or how it can or should be destroyed.

The Records Management Section of the Maine State Archives provides assistance to State agencies in the effective management of their records by consulting with State agency Records Officers to establish disposition schedules. Disposition schedules define the number of years a given record series remains in the agency, whether it is sent to the Records Center, for how long, and whether its final disposition is destruction or retention in the Division of Archives Services. Records Management also provides technical assistance to improve procedures for maintaining, storing and servicing records. Agencies cannot purchase storage or records conversion equipment without approval from this division.

- For Policy or Local Records questions e-mail Nina Osier or contact her at 287-5799.
- For Scheduling Records contact Barry Marshall by calling 287-5798.

Ginnie Ricker has been tasked as Project Manager for the Department of Administrative and Financial Services' Information Technology Security Policy Project.

GeoLibrary Grants to Municipalities

The Board (*http://www.maine.gov/geolib/*) has approved the first round of grants to 44 municipalities for digital parcel data totaling $171,862. There are two types of grants:

1) Rapid Development grants up to $1,000 for conversion of existing digital parcel data to GeoLibrary standards, and
2) Standard Development grants up to $10,000 per municipality for creating or upgrading digital parcel data.

Municipalities awarded Rapid Development grants are: Anson, Auburn, Bath, Biddeford, Bridgton, Brooksville, Casco, Castle Hill, Chapman, Cumberland, Denmark, Fort Kent, Harrison, Kittery, Madawaska, Mapleton, Mariaville, Raymond, Skowhegan, Stonington, Sweden, Verona Island, Woodland and Yarmouth. Municipalities awarded the Standard Development grants are: Cape Elizabeth, Casco, Ellsworth, Falmouth, Freeport, Gorham, Gray, Islesboro, Jackson, New Gloucester, North Yarmouth, Norway, Oxford, Paris, Raymond, Rockport, Rumford, South Portland, Thorndike, Unity and Woodstock.

Creating Digital Movies of Bridges Being Built

By Figg Bridge Engineers

"Everything you can imagine is real", according to Picasso. It has been the communication of what is imagined that has often stymied creative people in gaining acceptance of their ideas. The lightening-quick pace of developments and enhancements in computer imagery has vastly simplified this communication. Yet the creation of the imagery itself is far from simple. Behind the scenes of this electronic wizardry, Figg Bridge Engineers, designers of the new Penobscot River Bridge, utilize a variety of hardware, software, creative artistry and innovative engineering thought to create the digital "reality" of bridge designs as they evolve. (See article in June 2004 issue – http://www.maine.gov/newsletter/june2004/3d_graphic_imagery_increases.htm 3-D Graphic Imagery Increases Success of Public Involvement Process).

Entrance to the pylon base for the new Penobscot River Crossing. From this entrance, visitors will ride in a high speed elevator to the top of the pylon and the three story glass observatory - and be able to view much of the Maine coastline, the town of Bucksport and surrounding area. (The background is an actual photo and the entrance to the pylon, bridge, etc. is all digital rendering!) Image courtesy of FIGG.

The process of providing digital renderings typically begins with numerous slides being taken of the subject area – at different times of the day to capture a variety of lighting conditions and from numerous viewpoints. This information is sorted, cataloged, scanned and merged with available topographic information to become a digital three-dimensional "map" of the area that includes buildings, streets and other fixed elements. This is the canvas upon which the bridge design is developed. The reality of the background, and the depth of detail in it, provides an increased level of credibility to the design itself – viewers are able to identify known elements of the background, reassuring them of the validity of the overall image.

A variety of software programs is used to create numerous elements of renderings. Initially, simple wire frames of the forms are created in order to ensure adherence to the engineering design. All elements of structural engineering enter into this phase – the geometry of the bridge, the requirements for, and feasibility of, various span lengths, dimensions of piers and pylons and more. Some of the most productive and detail-oriented creators of bridge renderings have an education in structural engineering, enabling them to readily communicate and understand the design and be aware of any element that may not work from a structural point of view, preventing the creation of something that can not become reality. Ongoing training in new software programs and techniques is a requirement in order to stay at the leading edge of development in this rapidly changing medium.

Once the wire frames function structurally, the specific treatment of the bridge is developed further, testing various shapes to accommodate potential solutions. As options are created and evaluated, the rendering moves into the third stage of development, where various aesthetic details are applied and evaluated. This might involve colors, shape definition, surface treatments and more. A palette of colors and textures is used, not unlike a painter's palette. Final touches include the position of the sun or moon as it lights the bridge; creating shadows, and reflections on the water. Lights are "turned on" for night renderings. For animated renderings or movies, even more elements become involved as the wind blows the leaves of trees and the surface of the water, the sun moves across the sky, the viewer "drives across the bridge" or cars and pedestrians utilize the structure or nearby roadways.

Large banks of dedicated servers provide the computing power necessary to create the digital rendering files. Significant disc space is also required to house the files, which may exceed ten gigabytes in size. Renderings can be created in minutes or hours, depending upon the level of detail, complexity of the model, amount of information and means of presentation desirable for the end product. Colors and lighting changes can be made with a few mouse clicks, resulting in nearly endless varieties of options for the viewers. It is through this sophisticated and endlessly variable means of communication that imagination can indeed become reality, merging the existing environment with that of the future.

Questions? Contact Jay Rohleder, Jr., P.E., S.E. by calling 610/ 594-2460 or e-mailing jrohleder@figgbridge.com.

The First Few Minutes – GIS Can Help Save Lives!

By Vicky Schmidt

On a sunny winter afternoon four snowmobilers cross a frozen lake. From shore, a homeowner watched in horror as one by one they disappeared through the ice. Moments later pagers and radios called firefighters and rescue workers into action. As units responded, radio traffic requested an iceboat. Dispatchers questioned where they might find one. Too many minutes later they learned the nearest iceboat was over an hour away.

Firefighters and rescue workers, especially those involved with incident management, are well aware that the first few minutes of a call determine its outcome. A typical "room and contents fire" (the beginning of most house fires) reaches flashover within seven to ten minutes of ignition, and occupants who have not already escaped are not likely to survive. Likewise, a vehicle accident victim will begin to suffer brain damage if deprived of oxygen for more than six minutes.

The negative effect of lapsed time cannot be overestimated. As fire and emergency medical services expand, the importance of geographical information systems (GIS) is becoming widely recognized. Combined with computer-aided dispatch (CAD), E9-1-1 has helped first responders respond more efficiently. Using E9-1-1, dispatchers can provide specific road names and property numbers, and can often clarify directions, or give alternative routes.

Though many towns are several years away from having mobile GIS programs for incident management, there is immediate value for GIS programs with regards to preplanning and utilizing GIS for response logistics. This is especially valuable for mutual and automatic aid training programs. Several Maine towns have established a water resources database, complete with photos of hydrants and drafting sites, as well as seasonal conditions, hydrant capacity and access information. GIS is also being actively used to identify geographical voids in resource coverage, such as 4WD vehicles for off-road rescues or wild land fires, and for locations of ice-boats and specialty trained cold water rescue teams.

Sharing maps and databases can also help mutual aid towns know:

- where and what types of dangers exist,
- where resources to mitigate those dangers are located, and
- what obstacles to getting the resources to a scene might be encountered.

Rivers and streams can provide valuable water drafting sites (to fight fires), but can also be deadly hazards or time costly obstacles if bridge crossings are distant, or if their waters require specialty angle or swift water rescue skills. Tarred roads can make incident sites easily accessible, but traffic "choke points" will hamper delivery of equipment and responders if the areas cannot be identified and avoided.

Low angle rescue teams work on slopes of less than 30 degrees. Vehicles that have flipped over embankments or down into shallow gullies often require low angle rescue teams and the mechanical advantage skills they provide. Author Vicki Schmidt and her colleagues.

The first step toward establishing useful data for your town's fire and rescue department is identifying what resources might be needed. Dangerous locations, such as elevators, high-voltage areas, propane tanks, and medical oxygen, also need to be identified and either mitigated or avoided. Towns that have implemented E9-1-1 can establish response information based on address data combined with geocoding services available with most GIS software packages. Data that cannot be gleaned from existing resources, such as tax maps, blueprints, or preplans, are candidates for GPS, (global positioning system) collection. At less than $150 for an entry-level unit GPS is a relatively simple and inexpensive way to compile location specific data.

Base data, such as transportation routes, contours, rivers etc., is generally available from the Maine Office of GIS (MEGIS). Base data from MEGIS is usually town specific and may not be applicable for firefighting and EMS response until coordination with neighboring towns or other state and regional GIS officials takes place. Regional planning commissions, county emergency management agencies, and local universities may also help coordinate fire and response resource data.

One often overlooked, but vitally important, piece of the GIS readiness and response challenge is staffing. Computer savvy and an ability to comprehend spatial relationships are important qualities when considering who should be responsible for GIS activities. Emergency management GIS staff need not be first responders, but a working understanding of fire and emergency management response protocol will certainly complement the implementation of a successful fire and EMS based GIS program.

Vicki Schmidt is a firefighter for the Buckfield Fire Department. She is also a State Fire Instructor, and is an active participant with the Frandford Mutual Aid Fire Training Association. A University of Maine at Farmington graduate, Vicki Schmidt is also a GIS Environmental Specialist III with the Bureau of Land and Water Quality at DEP.

Suggested resources:

PIPS Pre-Incident Plan System
http://www.fema.gov/regions/viii/pipsdemo.shtm

GIS & NFIRS Data Tutorial
FEMA Publication FA-259/July 2003

GIS Technology in the Fire Service
American Heat Video – December, 2001
www.amheat.com 1-800-845-2443

Conference on Fire Service Deployment Analysis
2002 Conference Proceedings
http://www.ife-usa.org/2002/PaperIndex.htm

Analyzing Data with Microsoft Access

By Russell G. Martin

This article describes the process used to analyze data for a paper to be presented at the National Onsite Wastewater Recycling Association conference in November. Access 2003 was used to prepare this paper, however the techniques may be appropriate to previous versions of the program.

One of the functions of the Wastewater and Plumbing Control Program is to maintain records of all subsurface wastewater and internal plumbing permits issued by the municipalities statewide. Microfiche records date back to 1974, with electronic data from 1990 also available. As 25% of the permit fee is submitted to the State to fund the program, an accounting program was developed to track the permits and monies. Originally developed in the DE RPG language running on a stand-alone IBM 5150 computer, the program was converted to dBASE III in the late 1980's. The program currently runs as a Clipper compiled DOS program under Windows 2000 Professional, storing data in traditional dBASE III DBF files.

Permit data is entered daily and archived yearly, creating a series of DBF files, one for each processing year. For this project, Microsoft Access and Excel were used to combine and analyze the data and prepare line charts from the tabular data for the twenty year period from 1984 to 2003. A total of 191,197 valid records were analyzed, including some partial data from 1984-1989. The following steps were used to collate, validate, and analyze the permit data.

Conversion and Collation The first step was to bring the separate DBF files into Access and combine them into one MDB file. After creating a new, blank database the Get External Data - Import command from the File menu is used to bring the individual DBF files into the new Access database as individual tables (Figure 1).

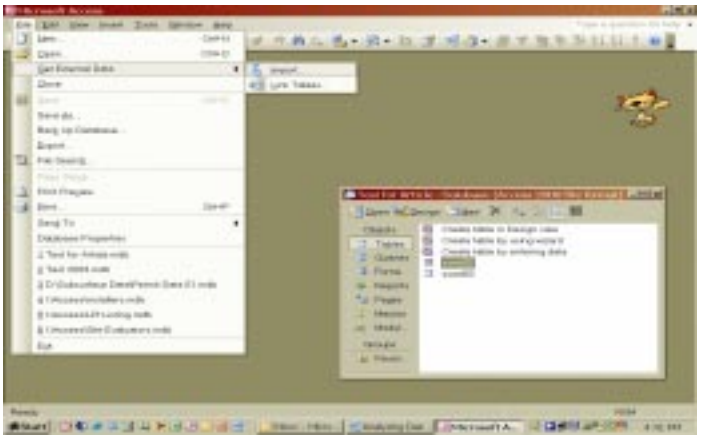

Figure 1.

Each DBF file is selected and imported one at a time. In order to see DBF files in the dialog box, you must change the file type to dBase III. The operation can be cancelled when all the desired files have been imported.

Once imported, the individual tables can be appended to form one large table to simplify the data analysis. This is accomplished using the Append Query type. You might want to create a blank table with the same structure to use as the beginning table. Do this by highlighting one of the data tables and selecting Export from the File menu. Choose the name of your database as the export location and hit the export button. Type a name for the base table in the dialog box and select the "definitions only" radio button. This will create a blank table with the same structure as your imported data tables.

The simplest method is to begin a Query in Design view, selecting the tables which you want to append to the newly created blank table. Choose Append Query from the Query Type Icon and type the name of the blank table in the dialog box (Figure 2). Drag the star "*", which represents all fields in each of the tables to be appended to the query dialog area. This will cause the "append to" field to specify the name of the blank table. Hit the Exclamation or "Run" Icon and the append operation is completed. Repeat this for each of the individual data tables previously imported.

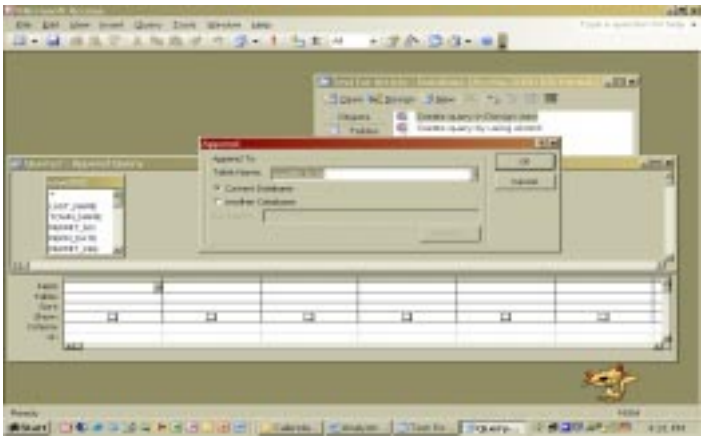

Figure 2.

Data Review After combining the data into one table three problems were evident: 1) changes to the permit form from which the data was captured complicated the analysis, 2) a lack of data validation made some records inaccurate, and 3) zeros in some of the fields instead of numerical values made some of the records useless for analysis. Access provides ways to help deal with items 1 and 3, which will be noted in Part 2 of this article which will be published in next month's issue. Item 2 required a manual review of the data, utilizing the capability to sort a table by column in A-Z or Z-A order. Obvious corrections were made when possible, but some records were deleted as there was no way within a reasonable time period to validate the data.

Part 2 will also discus the use of pivot tables.

Russell G. Martin, PE, F.NSPE is the Program Director of the Wastewater and Plumbing Control Division of Health Engineering, Department of Health and Human Services. He may be contacted by calling (207) 287-4735 or e-mailing russell.martin@maine.gov.

LETTERS TO THE EDITOR

September 10, 2004
Re: IT Changes at DHHS

Dear Mary,

Thank you for your excellent piece on DHHS[1] IT (information technology), in the September 2004 issue of the Maine IS Technology newsletter[2] . What impressed me most was that, even though I used to be a part of this organization, I did not have a clear picture of its structure until your article. Having disclosed my connection to DHHS IT, it follows that I cannot be an unbiased referee on this article.

That said, I think DHHS IT is indeed heading in the right direction under Craig's leadership. Streamlining of IT procurement yields both short-term and long-term returns, and that is rightfully the first sweet spot for an IT shop seeking higher efficiency. Better project management of new high ticket applications is the second sweet spot, and that is where Craig's initiative of collaborating with the CIO's Project and Portfolio Management policies will yield returns. The returns on better project management are never as immediate as those from streamlined procurement, but are just as tangible.

Among others you mention in your piece, I have had the good fortune of working under both Joe Radziszewski and Brian Snow. These are exactly the right leaders to actualize a smooth structural migration. From my past life in the corporate world, I know first-hand the pitfalls of such an endeavor; therefore, hats off to the DHHS IT team for all they have accomplished so far. Given the Governor's regionalization initiative, coupled with the tight budget projection, it is reasonable to presume a high level of public interest in the DHS-BDS merger, and its downstream consequences.

Those of us in state IT owe you a debt of gratitude for keeping us informed on this. I am looking forward to your next installment on DHHS IT, when the time comes. Regards,

B. Victor Chakravarty
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Maine Department of Environmental Protection
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[1] Maine Department of Health and Human Services
[2] http://www.maine.gov/newsletter/sept2004/it_changes_at_dhhs.htm

September 3, 2004
RE: Kudos for Accessible Systems Development

Dear Mary,

Gold stars are deserved by the Bureau of Information Services' (BIS) Electronic Discharge Monitoring Reports (eDMR) application development team[1] , and especially to programmer analyst Rob Williams! Information Technology (IT) accessibility **was incorporated into the design and is being built into the system as a requirement like all other requirements.**

During the early stages of development, eDMR was tested for navigation with screen readers, and this project is the first Web application developed in Maine state government, that I'm aware of, that is building skip navigation links into its core.

It has become nearly standard to display a series of navigation links on most Web pages for each new page of content. Usually shown at the top of a page, developers provide links to move around throughout the Web site. This practice presents a unique problem for voice output screen readers. When a new page arrives, a screen reader must start at the top of the page where it can follow the active cursor. So, for example, to get to the content for the new page, it is necessary to tab or down-arrow all the way through the standard links at the top of each page. You can imagine how inconvenient it is to thumb through many (possibly hundreds) of common links at the top of each page to finally arrive at an on-line newspaper's content!

A skip navigation link allows a screen reader (or other voice recognition software tool) to, upon selection, drop directly to the first line of content.

Rob researched and developed the skip navigation link into the eDMR system at a grid level so that it only had to be built once and can be used for every page in the application. Total time for this effort took about two hours including the testing to insure that it worked. As with all IT accessibility efforts, this is time well spent. Good job.

Floyd White, a Systems Analyst at BIS, is a member of the State's Accessibility Committee. See http://www.maine.gov/portal/accessibility.html for more information.

[1] headed by team leader Cindy Wurpel. Bruce LaPlante also contributed to enhancing accessibility. For more information, see the article authored by Cindy Wurpel which was published in last month's issue.

Challenge

By Lester Dickey

How many integers (whole numbers) between 1 and 100 have at least one 3 in them?

For an additional challenge, but no prize except pride, how many integers between 1 and 1000 have at least one 3 in them?

Please e-mail **Lester Dickey** with your answer and your name, phone number, and the organization for which you work. Or call **Barbara Buck** at **624-9501**. The winner will be drawn from all the correct entries and will receive a **FREE** donated pizza, either from **CJ's Pizza** or from the **EDOC Cafeteria**. All answers must be in no later than the 14th of the month.

Last month's challenge brought 41 submissions, with all having correct answers. The winner, chosen by random drawing, is **Peter Moulton** of **Environmental Protection.**

The answers to last month's Challenge: Yes, John will make it to Mary's house in 2.4 hours, using 14.4 gallons of gas. On the way home he will run out of gas but the current will take him the rest of the way. It will take 2 hours and 44 minutes for the return trip.

Lyndsay C. Collins – Wellness & Fitness Coordinator

BY MARY N. CLOUTIER

In Maine since February 2004, Lyndsay is delighted to be the first non-therapist hired by her company, Occupational Health + Rehabilitation Inc[1]. Starting on August 2, Lyndsay has been working tirelessly to prepare the State of Maine's Eastside Wellness Center, which opened on September 8. She has been delighted with the positive response to date. Over 300 State employees signed up to use the fitness equipment during the first week of the Center's operation! In addition, 15 State employees signed up for the first aerobics class. Physical therapy services are also offered at the Center.

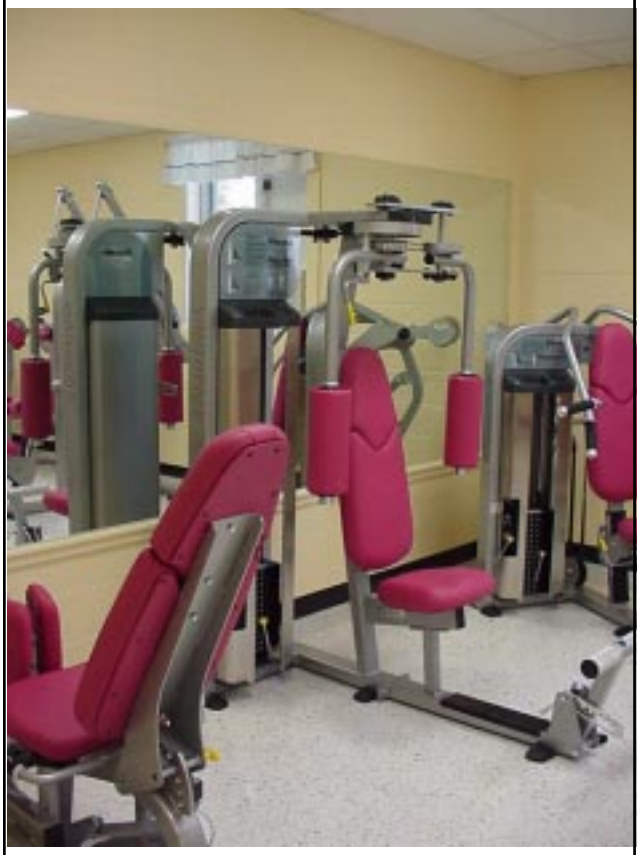
Lyndsay's hopes are that employees will regularly use the Eastside Fitness Center to become stronger, and generally healthier. A healthier workforce can reduce health insurance premiums, lower workers' compensation costs, and minimize or prevent workplace injuries.

Previous to moving to Maine, Lyndsay worked at the Weight Management Center at the St. Charles General Hospital in New Orleans, Louisiana as an exercise physiologist. She earned a BS in Kinesiology from Louisiana State University, and an MSS in Sports Medicine from the US Sports Academy in Daphne, Alabama.

She says "I love Maine", and "have already experienced one blizzard." "It is a wonderful change from my home town of New Orleans." Lyndsay plans to try all the snow sports this winter – skiing, snowboarding, snowmobiling etc. Plan to drop by the Eastside Wellness Center, which is located on the AMHI campus behind the Marquardt Building, to personally welcome Lyndsay to Maine, and to tour the facility. It is first class!

[1] *http://www.ohplus.com/* Occupational Health + Rehabilitation Inc (OH+R), a leading national occupational health provider, specializes in the prevention, treatment and management of work-related injuries and illnesses, as well as regulatory compliance services.

Occupational Health & Rehabilitation Inc.
6 Elkins Lane
Augusta, ME 04330
Office - (207) 287-5766
Mobile - (207) 650-8783



For additional photographs and information regarding the Eastside Fitness Center, see:
http://www.maine.gov/dafs/safety/news/

TRANSITIONS

TECHNOLOGY PERSONNEL CHANGES IN YOUR AGENCY?
SEND NOTICES TO ***mary.cloutier@maine.gov*** TO HAVE THEM POSTED HERE.

Ginnie Ricker, Customer Support Program Manager at the Bureau of Information Services, accepted a promotion at the Maine Emergency Management Agency as Assistant to the Director-Special Projects and Technology effective September 24.

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